




Middle School Menu

October-21

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
1		2		3		4		5	
Grilled Chicken Fillet	0	Hot Dog	1	Chicken Patty	15	Sloppy Joe	10	Bosco Sticks	34
WG Bun	26	WG Bun	29	WG Bun	26.5	WG Bun	27	Red Dipping Sauce	7
Romaine Salad	1	Seasoned Potato Wedges	19	Carrot Baby	6	Mashed Potatoes	14	Celery Sticks	3
Ranch Dressing	1	Cherry Tomatoes	2	Black Bean Salsa	15	Sweet Corn	7	Diced Pears	16
Black Beans	10	Fruit Slushie BR	22	Applesauce	14	Mixed Fruit	17	Milk (assorted)	15
Amazin Raisin Orange	25	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15		
Milk (assorted)	15								
8		9		10		11		12	
Cheese Sticks	33	Corn Dog Nuggets	16	Popcorn Chicken	14	Orange Chicken	25	Big Daddy Cheese Pizza	42
Red Dipping Sauce	7	Kale Chips	6	Smiley Potatoes	20	Chow Mein Noodles	20	Broccoli	4
Cucumber Slices	0	Baked Beans	15	Sweet Corn	7	Edamame	2	Red Pepper Slices	2
Ranch Dressing	2	Fresh Apple	22	Diced Peaches	12	Carrot Baby	6	Ranch Dressing	2
Chilled Pears	15	Milk (assorted)	15	Milk (assorted)	15	Applesauce	22	Orange	21
Milk (assorted)	15					Milk (assorted)	15	Milk (assorted)	15
15		16		17		18		19	
Macaroni & Cheese	31	Mini French Toast	37	Hamburger	0	Chicken Drumstick	6	Cheese Bites	28
Romaine Salad	1	Diced Ham	0	WG Bun	27	Dinner roll	15	Red Dipping Sauce	7
Ranch Dressing	2	Carrot Baby	6	Dragon Punch Juice	13	Mashed Potatoes	14	Cucumber Slices	0
Broccoli	2	Celery Sticks	1	Chickpeas	10	Refried Beans	11	Ranch Dressing	1
Amazin Raisin	25	Mandarin Oranges	20	Freestone Peaches	21	Apple Slices	8	Orange	15
Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15
22		23		24		25		26	
									
29		30							
Orange Chicken	25	Mini Ravioli	15						
Chow Mein Noodles	30	Marinara Sauce	8						
Fresh Spinach Salad	4	Garlic Bread	11						
Cherry Tomatoes	2	Wango Mango Juice	13						
Fresh Apple	22	Orange Wedges	15						
Milk (assorted)	15	Milk (assorted)	15						

Lunch no charge
Milk \$.40

All meals served with
choice of Milk

When and where permissible
cafeterias will resume

Alternate Daily Choices:

Mon Chicken Nuggets/Patty

Tue Nachos/Walking Tacos

Wed Pizza

Thu Hot Dog

Fri Breakfast for Lunch

Ala Carte items will be available
for purchase, Please let us know
if you wish your student not to
participate with ala carte purchases.
Students must have money on their
accounts or bring cash for ala carte
purchases.

Questions regarding the Menu,
Please contact
Kevin Harris at:
Kharris@D15.org

***Menu subject to change, notice given when possible**

Disclaimer about Carb counts

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer.

Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

